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HOMEMAKERS' CHAT

SATURDAY, January 13, 1940

(FOR BROADCAST USE ONLY)

Subject: "THRIFTY TOP-STOVE BREADS." Information from the Bureau of Home Economics,
U. S. D. A.

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The usual place for a modern housewife to bake her bread or cake is the oven. Ninety-nine times out of a hundred probably you wouldn't want to cook breadstuffs anywhere else but in the oven. But once in a while--one time out of a hundred, say, you are in a situation where you may want to make bread or cake or pudding without benefit of oven.

Circumstances do arise when you can't use an oven. Maybe you're cooking breakfast in a hurry. You haven't time to heat the oven in a coal or wood range. Or maybe you're light-housekeeping in a little apartment doing your cooking over a 2-burner gas stove or an electric plate. Or maybe you have a big oven and you don't want to pay for fuel to heat the whole oven for a few muffins or biscuits. Or maybe you're camping and cooking out in the open.

When you're in situations like these, think back to the old days before ovens were invented. Housewives made bread for the family even back in those days. In old England cooks made dumplings and steamed bread and pudding. In the early pioneer days in this country our grandmothers met the situation with pancakes or flapjacks, and corn pone, and hoe cake. Out in the West the cowboys invented the well-known "cowboy biscuits" cooked in a frying pan or iron Dutch oven over a campfire.

Recently foods experts at the Bureau of Home Economics have worked out directions for making good low-cost, top-stove breads with plain everyday bread flour.

One bread you can make in a frying pan or on a griddle is wheat pone. The mixture is much like soft baking powder biscuit dough. It calls for: 3 cups of sifted flour....4 teaspoons of baking powder....1 teaspoon of salt....4 to 6

tablespoons of fat and....1 cup of milk. (You see, same 5 ingredients used for baking powder biscuits.) But you cook it on top of the stove in a frying pan or griddle. Sift the dry ingredients together and cut in the fat, as you do in making biscuits. Then make a well in the mixture, and add the milk slowly stirring from the center until it forms a soft ball. Now have your griddle or frying pan lightly greased and hot but not smoking hot. Dip out about a cupful of the dough and drop it in the center of your griddle or frying pan. Powder your hand with flour or use a floured spoon to pat the dough out on the griddle and form a sheet about a half inch or a fourth inch thick. Then bake at very low heat so that the bottom of the pone won't burn before the center cooks. When one side is brown, turn the pone over and bake on the other side.

You can vary this recipe by adding raisins to the flour mixture, or chopped nuts. Or you can bake it in individual biscuits instead of in one large pone.

Another way to make bread on top of the stove is to boil it in some hot liquid like stew, or soup or just plain salted water. Bread cooked in this way goes by the name of dumplings. Here's how you make a dumpling mixture. Use three-fourths cup of sifted flour....2 teaspoons of baking powder....a half teaspoon of salt....and a half cup of milk. Sift the dry ingredients.. Add the milk and mix well. Drop by small spoonfuls into boiling salted water, or into a boiling stew mixture. Or if you use the dumplings for dessert, cook them in hot fruit sirup.

If you are cooking dumplings in stew, they'll taste extra good if you add 2 tablespoons of chopped onion to the dumpling batter. If you are making dumplings for dessert, add a half cup of raisins to the batter. Or add a half cup of chopped prunes, or even a half cup of banana pulp to the batter.

You can even make a good cake on top of the stove by steaming in a greased pan with a tight cover.

Here's a recipe for "steamed plain cake" to eat hot or cold. It's extra good served with a fruit sauce or a chocolate sauce. The ingredients for the cake are:

3 cups of sifted flour....4 teaspoons of baking powder....a half teaspoon of salt....
a cup of sugar....an egg beaten....a cup of water....a fourth cup of melted fat....
and a teaspoon of flavoring. This mixture, you see, is very much like the familiar
one-egg cake. Sift the dry ingredients together. Then mix together the beaten egg,
milk, melted fat and vanilla or other flavoring. Stir the dry ingredients into the
liquid mixture. Stir until the dough is smooth. Have your greased cans ready.
Baking powder cans or coffee cans or any other pound can with a tight tin cover are
right for this job. Fill the greased can about two-thirds full of the cake mixture.
Put on the cover and stand the can in a kettle of boiling water. The water should
come up just half way on the can. Cover the kettle and boil for about an hour.
Then lift out the cans. Remove the cake from the can. And there you have a good
cake or pudding to serve hot or cold.

These are just a few of the many breadstuffs you can cook when you have no
oven. Remember that you can cook batter or dough on hot griddles or frying pans, or
in boiling liquid, or you can steam them in tight tin cans.

You'll find other help in making bread and cake from a free bulletin you can
order from the Department of Agriculture, Washington, D. C. This is Farmers'
Bulletin No. 1775 called "Homemade Bread, Cake and Pastry." Send a postcard with
your address for a copy.

